

"Festive Family Thanksgiving Cookbook"

Recipe



Country Homemade Stuffing

Serves 8 • Preparation time 35-40 minutes
Bake time 45-55 minutes 7-8 slices white bread

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7-8 slices wheat bread (It is important to use the correct amount of bread crumbs. If the bread you use is of larger than usual size, use a total of 10-11 slices for a total of 8 cups.)

1 cup celery, diced

½ cup yellow onion, finely minced

½ cup green onions, top and bulb chopped

1 tsp. dried sage

½ tsp. thyme

¼ tsp. black pepper

¼ cup parsley, chopped

1 cup green pepper, chopped

1 cup shredded carrots (5 oz. or 12 baby carrots)

2 cups canned chicken broth, low sodium, fat free

2 oz. or ½ cup toasted walnuts, chopped

1 Tbs. light tub margarine, melted

nonstick vegetable spray

Preheat oven to 375° degrees Fahrenheit. Place bread slices in oven and bake 5-7 minutes, turn slices over, bake another 5-7 minutes, or until toasted on both sides. Be **VERY** careful not to burn the bread. Then using a serrated bread knife cut the slices into small crumbs, about ¼ to ½ inch. Measure yield, it should be 8 cups of bread crumbs. Place all bread crumbs into a large mixing bowl and set aside. Reset oven at 325° and continue to preheat.

Using a large skillet, cover and cook the celery, onions, parsley, and green pepper in ½ cup of the chicken broth plus ½ cup water until tender, about 5 minutes. Then remove from heat.

Toast walnuts in a dry skillet for 1 to 2 minutes being careful that they do not burn. Remove and place in a paper towel, crush with the side of a large rolling pin or other metal pan. The yield should be ½ cup. Set aside.

Stir spices evenly into vegetable mixture. Then gently blend this mixture into the large bowl containing the bread crumbs making sure the crumbs are also evenly coated. Add the remaining 1½ cups of chicken broth. Mix completely then fold in the toasted walnuts.

Coat a 2-quart casserole dish with vegetable spray. Spoon stuffing into dish. Drizzle margarine over the top of the stuffing. Cover and bake at 325° for 45-55 minutes or until golden & crispy.

Nutrition Facts Per Serving: 238 Calories, 8 g Total Fat, 72 Calories from Fat, 1 g Saturated Fat, 386 mg. Sodium, not a significant source of Cholesterol.

